Aiki ninjusu blue belt ninjutsu

The Aiki Ninjutsu blue belt (often 2nd Kyu in traditional ninjutsu rankings) represents an advanced, pre-black belt level focusing on broad martial proficiency. Blue belt candidates train for several years and must master varied techniques and demonstrate robust fitness and combative skills.[1]

Key Curriculum Components

- **Striking & Kicking:** Explosive strikes, multi-angle punch/kick drills, specialized claw and open-hand techniques are fundamental.[1]
- **Throwing & Joint Locks:** Throws like yoko sutemi (side sacrifice), kani basami (scissors), and multiple joint manipulations/joint locks are required.[1]
- **Ukemi (Breakfalls/Rolls):** Advanced rolls include jumping-front rolls, cartwheels, handsprings, and rolling recoveries from fighting stances.[1]
- **Combat Stances (Kamae):** A range from natural stances, defensive postures, to animal-inspired postures like bear and bird.[1]
- **Chokes & Submissions:** Techniques such as Ezekiel (sleeve choke), reverse cross choke, triangle choke (standing from behind).[1]

Weapons and Advanced Drills

- **Weapons Usage:** Blue belt students train with short sticks (hanbo), knives (tanto/kunai/tento), and chains (kusari). Emphasis is on maintaining combat distance and versatility in grip and striking positions.[1]
- **Randori & Conditioning:** Ten-minute sparring segments and accumulated running contribute to the required endurance for this level.[1]

Standard Belt Progression

Most organizations structure ninjutsu belts in this progression:

Rank	Belt Color	Typical Kyu Level	Emphasis

Beginner	White/Yellow	8th-6th	Basics, safety falls, initial strikes
Intermediate	Orange/Green	5th-3rd	Foundational throws, combos, kata
Advanced	Blue	2nd	Striking, advanced throws, weapons, randori
Black Belt	Black	1st Dan+	Mastery and specialization

Each step builds on previous techniques and introduces more complex forms and applications.[2][1]

Time to Achieve

It generally takes **5–7 years of consistent training** and demonstration of technical proficiency and conditioning to attain the blue belt in ninjutsu.[1]

Summary

In Aiki Ninjutsu, the blue belt is a major milestone of skill development integrating striking, throwing, ukemi, weapons work, and sparring conditioning. It requires years of training and signals readiness to approach black belt-level expertise.[2][1]

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2. https://the-matcenter.com/grading/
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